

Colorectal cancer is the second most deadly form of cancer, but it doesn't have to be. Screening can prevent it or catch it early when it's highly treatable.

Unfortunately, too few men and women in Oregon are being screened.



COLORECTAL CANCER
The cancer *you* can prevent.

www.TheCancerYouCanPrevent.org



Northwest Portland Area
Indian Health Board



The Oregonian

A Centers for Disease Control and Prevention-funded campaign

I got screened.

Now,
I'm talking
about it.



Robin Alexander
Umatilla Indian Reservation

If you've been screened for colorectal cancer, please **share your story**.

People are much more likely to get screened if they're encouraged by someone they know and trust:

A spouse or partner.

A friend or coworker.

Their employer or doctor.

If you haven't been screened yet for colorectal cancer, talk to your doctor about the screening option that's right for you.

Here's what you can tell people you know:

- Colorectal cancer is the second most deadly form of cancer, but it doesn't have to be.
- Screening can prevent cancer or catch it early when it's highly treatable.
- Everyone over 50 (45 for African Americans) should be screened.
- There are several reliable screening options. Some cost as little as \$25 and all are covered by insurance. Ask your doctor what's right for you.
- Then, do what I'm doing. Tell someone else.

And be sure to keep in touch with your doctor about when you need to be rescreened.

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“Despite not having a family history of colorectal cancer or having symptoms, I knew it was important to get screened because this cancer is symptomless. Everyone over age 50, please go get screened.”

Dan Martinez
Warm Springs Fire Chief



“My mom suffered from colorectal cancer, which screening could have prevented. That's why I encourage all of my friends and family to get screened regularly.”

Mary Schutten
Portland, Oregon



“I started getting screened after my 50th birthday. Screening is painless. It allowed my doctor to find and remove polyps and prevent cancer. I've been screened, have you?”

Bryan Wolfe
Hermiston, Oregon